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Tuesday, September 11, 2012



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Support worker arrested after young boy assaulted at CPRI



Gregory Thomas Simard, seen in this photo from London police, was arrested for allegedly assaulting a 12-year-old boy at the Children and Parent Resource Institute. CONTRIBUTED

Charges pending. Police say incident was not a random act; victim is in critical condition at London Health Sciences Centre



JOHN MATISZ
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A Child and Parent Resource Institute support worker has been arrested after a 12-year-old boy was seriously beaten Sunday night.

Gregory Thomas Simard, 24, was taken into custody yesterday after London police responded to a call from the 600 Sanatorium Rd. facility around midnight on Sunday. The primary focus of the investigation is aggravated assault, but formal charges had not been laid as of Monday afternoon.

The victim, whose name has not been released, is in critical condition at London Health Sciences Centre. Police say Simard and the victim knew each other and had "regular contact."

Police are also looking into abduction charges, since the victim was moved from the building and found in a wooded area on the CPRI property. They're trying to figure out why he was moved and whether that stemmed from anything sexual in nature.

"That's one of the things we'll be looking at," Det.-Insp. Kevin

CPRI

- According to its website, CPRI provides "voluntary services to children and youth with ... severe behavioural disturbances and/or developmental challenges."

Heslop said.

On Monday afternoon, the Ministry of Children and Youth Services office, which funds CPRI, delivered a statement to Metro:

"We want to express our deepest sympathy for the child involved in this tragedy. Our thoughts are with the child and the child's family — we know this must be a tremendously difficult time. We want to reassure you of our commitment to the safety and security of all children and youth in our care. Staff at the Child and Parent Resource (Institute) and the ministry are cooperating fully with police as they conduct their investigation."

Simard was arrested in a parking lot in the area of Dundas Street and Clarke Road at around noon on Monday. His vehicle was seized.

At this point, police said they have no reason to believe other children living at CPRI were victimized, but that is also part of the investigation.

Follow John Matisz on
Twitter @Metro_JMatisz



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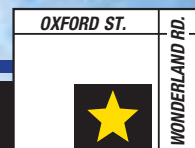
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Crystal meth seizure points to a growing problem: Police

Crime. Use of drug has been increasing in city for years; problem furthered by 'gap in market' created by oxycodone ban, police say



ANGELA MULLINS
angela.mullins@metronews.ca

London police said a recent one-day crystal meth seizure equals the total haul in the past five years, and is indicative of a growing problem.

Two people are facing drug-trafficking charges after police seized \$94,000 worth of crystal methamphetamine from 565 Princess Ave.

Police executed a search warrant at the address Thursday, arresting Richard Sims, 36, and Allis Boyd, 26, both of London.

Det.-Sgt. Chris McCoy released details about the seizure Monday, saying the amount of crystal meth involved is indicative of the growing demand for methamphetamine on city streets.

By the numbers

940g

Amount of crystal methamphetamine seized Thursday from 565 Princess Ave.

Police have been investigating sales of the drug more frequently in the past few years, he said.

"Where there's demand, there's always supply," he said, commenting on the quantity found Thursday. "London has a great market for this drug, a great appetite for this drug at the present time."

The man and woman arrested are likely mid-level dealers, McCoy said, meaning they were distributing drugs to others who sold it on the street. That might have included sales outside the city, he said.

Along with the meth, police seized \$3,000 worth of cocaine, \$7,760 worth of marijuana, \$540 worth of hashish, \$11,620 in Canadian currency and a little more than \$1,056 in U.S. currency.

The man arrested has been known to police for some time, McCoy said.



Bagged crystal methamphetamine, top right, cash, cocaine, marijuana, and hashish are displayed Monday on a table at London police headquarters. The drugs were seized Thursday from a home at 565 Princess Ave. ANGELA MULLINS/METRO

City mulls change to bikes-on-sidewalks rules



Mayor Joe Fontana METRO FILE

Children could soon be pedalling their bicycles on sidewalks with the city's blessing.

Council's civic works committee recommended Monday that youths 13 and younger be exempt from the city's all-out ban on sidewalk cycling.

The exemption will be considered by full council on Sept. 18.

Councillors expressed few concerns about the change at Monday's meeting.

"This is really about safety for kids and promoting cycling," Mayor Joe Fontana said. "What we have in place is just not workable. It's not

safe for our kids."

Several residents spoke during a public-comment session, some saying the proposal is a distraction from the real problem: The city isn't enforcing the existing bylaw by ticketing cyclists on sidewalks.

"On a two-block walk here, I noticed there were seven individuals riding on the sidewalk, two (cyclists were) on the road," Dave Mitchell said. "I'm all in favour of making it safer for children to be on their bicycles, but I think we have a bigger problem."

Ways of stepping up enforcement are being con-

sidered as part of a larger transportation plan, city officials said. That could include lowering the \$135 fine violators face because police have said the big price tag makes officers reluctant to issue tickets.

If council approves the exemption, the city plans to spend between \$5,000 and \$10,000 on a communications campaign to explain the new rules.

The campaign would include posters at places like city-owned arenas and efforts to raise awareness at schools.

It would stress that cyclists on sidewalks must yield

Keeping Kipps Lane

Civic works also:

- Shot down a proposal to rename Kipps Lane as Damian Warner Avenue, in honour of a London athlete who finished fifth in the decathlon at last month's Olympics. The proposal was made by a citizen who said it could help re-brand the neighbourhood in a positive light.

to pedestrians and cannot ride through crosswalks.

ANGELA MULLINS/METRO

LHINs

Ontario Tories call for end to regional health groups and bureaucrats

Ontario's Progressive Conservatives say they want to get rid of regional organizations and bureaucrats that disperse public dollars for local health care.

They argue that the 14 Local Health Integration

Networks and the Community Care Access Centres don't work and are run by provincial appointees.

Instead they want to hire more doctors and nurses and turn 30 to 40 existing hospital corporations into "health hubs" run by volunteer boards who will decide where the money goes.

The Tories say they also want to accelerate patient-centred funding, where hospitals will get money for every service they perform.

THE CANADIAN PRESS

Investigation continues

Victim in fatal car crash ID'd

London police have confirmed the identity of the driver involved in the fatal collision Sunday around 2:30 a.m. on Wonderland Road, north of Fanshawe Park Road.

Police said the victim was Luke Moore, 25. They are still investigating the circumstances surrounding the collision. METRO

Ontario teachers

Anti-strike bill up for final vote

Controversial anti-strike legislation that reins in wages and cuts benefits for Ontario teachers will come to a vote early this week.

The minority Liberals and the Progressive Conservatives are teaming up in the legislature to pass the anti-strike bill, which has angered unions and civil libertarians.

The Liberals brought back the legislature early to get it passed before Sept. 1, saying the province couldn't afford the rollover of old contracts.

But since the proposed legislation is retroactive to that date, it would claw back any pay hikes or benefits once it becomes law.

The NDP, who oppose the bill, say the Liberals wanted to create a crisis in education that they thought would benefit them in two byelections last week.

THE CANADIAN PRESS

1 NEWS

Mobile news



Premier Dad isn't getting any love from Ontario. Dalton McGuinty was named the third-least popular premier in a new Angus Reid poll. Scan the code to find out how the others fared.

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Balancing on a loose rope with a machete in each hand — and one in the air — Solo Circus' Michael DuBois dazzles a crowd inside the Western Fair District's Progress Building on Monday. JOHN MATISZ/METRO

Showman plays solo tucked away at Western Fair

Stunts. Well-known entertainment act Solo Circus makes debut landing in London



JOHN MATISZ
john.matisz@metronews.ca

If you look close enough, you might stumble upon some big city flare at the Western Fair this week.

Tucked away in the Progress Building — near a discount clothing warehouse and makeshift hot-tub showroom — is a unique act called Solo Circus.

Performing tri-daily in front of crowds of about 100, showman Michael DuBois offers

a refreshing addition to the regional fair's entertainment lineup.

DuBois' half-hour shows involve plenty of juggling, a little unicycling, some rope walking, and a hint of comedy.

As an eight-year veteran of the trade, juggling machetes while walking on a loose rope doesn't get his heart pumping particularly fast anymore.

Instead, preparing lighting and music beforehand provides the most stress. "Nothing actually makes me nervous," the 30-year-old Penn State University graduate said Monday. "If anything gives me nerves, it's the logistical stuff."

As a one-man crew, there's a lot to absorb and handle at once. He revels in the busyness, though, even completing

a seven-ball juggle.

"As a kid, my grandparents took me to see Ringling Brothers," DuBois said, who got serious about his profession after joining Penn State's juggling club.

Although his more elaborate tricks — such as escaping from a straight jacket while riding a unicycle — won't be on display at the fair, as they're better suited for longer shows, there is one that will definitely get people talking.

"That's just ridiculous," he said, after explaining the difficulty of a crowd-pleasing number that involves jumping over a rope while bouncing a ball on his head.

Visit metronews.ca for live video footage of Solo Circus performing on Monday.

Stop in London

Meat Loaf on menu

Meat Loaf is bringing his Mad, Mad World tour to London on Oct. 29. Tickets for the concert at the John Labatt Centre go on sale Saturday at 10 a.m. Visit johnlabattcentre.com. **METRO**

Game on

Wickenheiser hits ice this Sunday

Londoners can see hockey trailblazer Hayley Wickenheiser, Sunday, when the University of Calgary Dinos play the Western University Mustangs at 1:30 p.m. at Thompson Arena. **METRO**

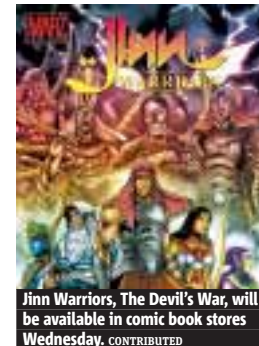
Debut. Londoner releases first graphic comic novel

London's Marwan El Nashar is preparing for the release of his first graphic novel series, Jinn Warriors.

"I am very excited. I have written and published many comics, but this is my first full-length graphic novel," he said.

El Nashar immigrated to London from Egypt in 2006, and says many of the influences for Jinn Warriors came from his time as a student at the American University in Cairo.

The graphic novel contains religious overtones, as three mystic humans representing Judaism, Christianity, and Islam fight an army of darkness in a supernatural world. "My comics have themes of co-existence



Jinn Warriors, The Devil's War, will be available in comic book stores Wednesday. CONTRIBUTED

and unity that I feel are very important," said El Nashar.

ANDREW SERCOMBE/FOR METRO

Feds planning to revoke citizenship of applicant cheats

Immigration fraud. Minister Jason Kenney looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government plans to revoke the Canadian citizenship of 3,100 people it says cheated on the process.

It's also looking at thousands of others who may have obtained or maintain permanent residence fraudulently.

Immigration Minister Jason Kenney says cheats will be stripped of citizenship and residence status.

Letters have been sent to more than 600 of the 3,100 or so people to start the process of revoking their citizenship. However, he says no one has yet lost their citizenship.

Kenney says that's because



Jason Kenney THE CANADIAN PRESS

the process takes several years. He says it's part of a multi-year crackdown on immigration fraud.

"Canadian citizenship is not for sale," he said.

"We will continue to take strong measures to combat

the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

So far, he says, federal agencies have removed or denied admittance to more than 600 former permanent residents linked to the fraud investigations.

They have denied about 500 citizenship applications where the applicants did not meet residence requirements, and almost 1,800 applicants linked to cheating have simply abandoned their citizenship applications.

Kenney also says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

THE CANADIAN PRESS



Against an oppressive regime

Iranian Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel all Iranian diplomats from Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Cutting ties

More to leave Iran: News agency

An Iranian semi-official news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.

The Mehr news agency on Monday quoted Hasan Sobhaninia from Iran's influential parliament committee on national security and foreign policy as saying that there "is the possibility" of others making the same decision as Ottawa.

THE ASSOCIATED PRESS

Nuclear threat

U.N. demands Iran's co-operation

The head of the U.N. nuclear agency, Yukiya Amano, made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Asked why there was no progress on the Parchin probe, Amano told reporters: "You'd better ask Iran."

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Economic outlook

Fed boost could lift economy

Canada's struggling economy will likely get an indirect nudge from stimulus measures being adopted in major world economies, with the U.S. Federal Reserve likely to introduce measures on Thursday.

THE CANADIAN PRESS

Tech toys

Toys R Us to offer tablet for tots

Toys R Us said Monday that it plans to launch its own tablet computer aimed at children called Tabeo, a low-priced entry into the increasingly crowded tablet business.

THE ASSOCIATED PRESS

Pending strike

CAW facing tough demands

The Canadian Auto Workers union says it's facing "unprecedented" demands from General Motors, Chrysler and Ford that would create a two-tiered workforce, eliminate cost-of-living adjustments and make changes to pension plans.

THE CANADIAN PRESS

Pet peeves

Pets get boot in UAE apartments

Some apartment dwellers in the United Arab Emirates have received eviction notices — for their pets — and officials have put a two-dog limit on single-family houses.

THE ASSOCIATED PRESS

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros (\$160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with ex-



Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

perience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"Pop-down" is such a unique idea that I just had to do it," Linnamaki said. "It's great work-

ing down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry.

THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's \$3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content.

THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

Market Minute



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SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable,

I've begun to notice that I'm instinctually — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a new, 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting card company might not be the most scientific poll of all time, but it seems pretty

reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume the metamorphosis from my former self into mom will accelerate in Kafka-like proportions.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into

her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself, but in my friends as well. Kelly is turning into Kathy and Jen is turning into Janet and other Jen is turning into Jo Ann (yes these are real alliteration-loving mother/daughter combos). Of course, none of us are carbon copies of our mothers; we're more like fun-house mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.



Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar Party held at Pacific Design Center in West Hollywood, Calif. in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher



MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society.

THE CANADIAN PRESS

Practises everyday

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot."

Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- Her students tend to be women ranging in age from their 50s up to their 80s.

near Orillia, with classes that range from five or six up to about 17 people per class.

And why she stuck with it

"It's made me physically very flexible, and inside, it's made me look at circumstances in a peaceful way ... Things won't make me quite so angry as they used to."

Ida Herbert



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0% SOMEWHAT, BUT WHAT CAN YOU DO?

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Twitter

@JClarkey:

Seriously no #ldnont peeps want Poutine with me today?

@AndrewSchiestel:

Hey #ldnont and all - @tbk-Creative will be making multiple new job postings this week. Stay tuned...

@evilflu:

Does anyone have any ideas where to get a female cat fixed for really cheap or how much it costs? #LDNont

@CanadianNick:

Final course at #westernu begins today. Because my life isn't busy enough

@MelizsyFoShizzy:

Can't sleep before my first day of my last year of undergrad. I've somehow reverted back to Kindergarten Melissa. #WesternU

@Hol_Fit:

What's your BIG DREAM?

2 SCENE

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY

Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what “family” means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.



Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

“We were in the writers’ room of Glee, and we were writing a nemesis for Jane Lynch, and I said, ‘You know what we need? We need somebody like this.’ And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, ‘Wow. I don’t even know if NeNe wants to act, but we should talk to her and offer her this part,’ which was Roz, that she did so well.”

Murphy approached Leakes for the role of Rocky because “she’s just hilarious,” he adds.



Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn’t bothered if she offends someone. “(The New Normal) in many ways is about tolerance, and I think it’s about a discussion of tolerance,” Murphy says.

“When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: ‘Was that good? Was that bad? What was that?’ I think people will talk about some things that the (New Normal) characters say, obviously, but I think that’s a good thing.”



Call ‘unconventional’ families ‘normal’

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. “So many people watched those shows and are educated. Those shows changed views,” he says.

And while The New Normal is loosely based on Murphy’s own life — “the show came about because my partner and I have been having conversations about surrogacy,” he says — the sitcom also delves into every character reexamining his or her life and asking, “What’s next?”

“We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again,” Murphy says of Goldie and Jane.

The controversy metre



‘Challenge’ the idea of conventional family



No-filter grandma



Real Housewife actress



On the web



George Michael makes pop history at Paris Opera concert.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A num-

ber of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welch of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.



Miley Cyrus

Scissor scare for Cyrus

An unidentified man wielding a pair of scissors reportedly tried to force his way in Miley Cyrus' Los Angeles-area home late at night over the weekend, according to the Associated Press. Luckily, Cyrus wasn't home at the time the man

attempted entry, claiming to be a friend of the singer and actress.

Police were called by employees inside the house and arrested the man after spotting him jumping behind bushes on the property.



Kristen Stewart

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it.

"We're going to be fine. We're going to be totally

fine," she tells the Associated Press.

We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

Did politics ignite this former flame?

Scarlett Johansson turned heads at the Democratic National Convention when she held hands and acted affectionate with former flame Jared Leto, but her rep insists there's nothing fishy going on.

"Scarlett is still dating Nate [Naylor]," her rep says, according to Us Weekly.

"This is very innocent. Scarlett and Jared have remained friends, nothing more, nothing less. Let's concentrate on the DNC and her speech, which is exponentially more important."

Johansson had addressed the convention earlier in the evening, preceding the speech by President Barack Obama.



Scarlett Johansson, Jared Leto ALL PHOTOS GETTY IMAGES

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LIFE

Are you punk? Hippie? Goth?

How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA MCGUINNESS
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When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it

is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

revamping your wardrobe isn't cheap. A high-

end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you

need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

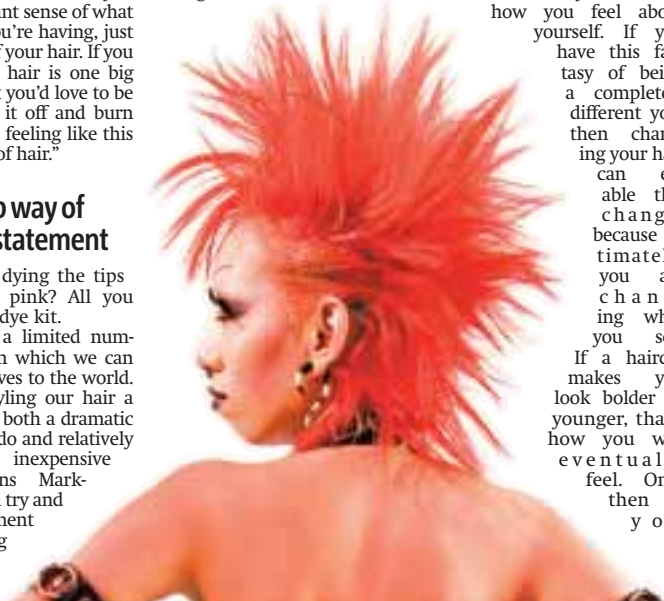
"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you."

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.



Up and Down

HAIR UP

People who wear their hair up tend to be more in control of things and like their life to be perfect. Women (and occasionally, men) wearing this style (a tight bun or high ponytail) often come across as less accessible.



HAIR DOWN

People that let their hair down are instantly thought of as freer souls. You appear more expressive and relaxed, making you more open to meeting new people.

David Beckham's...

...Mohican proved macho men too, could go wild with their hair.



Top three influential haircuts

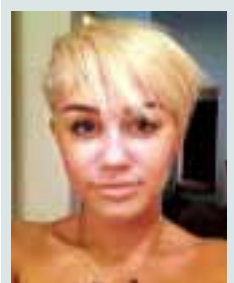


Emma Watson's...

...pixie cut has become the most influential celebrity do, beating Jennifer Aniston's Rachel.

Miley Cyrus'...

...cropped and blonde '80s style cut shows that you can be both pretty and punk.



On the Web



Taking a 'drug holiday' can cut side effects for some prostate cancer patients

Pineapples and coconut sauce: Tropical take on scallop stir-fry



ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.



This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok)

and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce

- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry

- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on

these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



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Light, chilled and so refreshing. Summer Ceviche with Shrimp & Crab

1. In blender, combine lime juice, tomatillos, cilantro and kosher salt. Puree until smooth; set aside.

2. Cut each shrimp into 3 large chunks. Place shrimp in bowl, then pour lime juice mix over them. Mix well, then stir in crab. Cover and refrigerate 30 mins., mixing every 10 mins. to ensure flavours are well distributed.

3. Just before serving, mix in both chili peppers, tomatoes and avocado. Serve in



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1/2 cup lime juice
- 3 to 4 large fresh tomatillos, husks removed, washed
- 1 cup loosely packed fresh cilantro leaves
- 1/2 tsp kosher salt, plus more to taste
- 1 1/2 lbs cooked shrimp, shells and tails removed
- 1/2 lb of lump crabmeat
- 2 tsp minced each serrano pepper and habanero pepper
- 1 cup grape tomatoes, quartered
- 1 large avocado, peeled, pitted and diced
- Fleur de sel
- Lime wedges, to serve
- Tortilla chips, to serve

individual bowls garnished with lime wedges. Sprinkle top with a pinch of fleur de sel and serve with tortilla

chips on the side. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT**

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What can investors learn from 9-11?

9-11. Global economic meltdowns can shatter portfolio returns; plan ahead, diversify



YOUR MONEY
Alison Griffiths
money@metronews.ca

Any crisis, like 9-11, touches off a financial one too.

Eleven years ago today attacks on the World Trade Center and Pentagon shocked the world; the memory is still sharp. Aside from the fact that

violence begets violence, is there anything practical to be learned from those tragic events?

Yes, on the mundane financial level there is a key investment lesson. It is this: nobody can consistently predict the future. Prior to 9-11 it was widely thought by economists that we were rapidly heading into a period of higher interest rates. I recall giving a series of seminars at the time and attendees were wondering what to do if such came to pass.

I told them not to bet on rates rising. And sure enough

they dropped, pushed down by the terrorist attacks. By December 2001, the U.S. overnight lending rate was down to 1.75 per cent, the lowest in 40 years – and they've stayed low ever since.

Was I prescient? No! I simply know from long experience that no one can predict where the stock market or interest rates will go.

Whether it is terrorism or global economic meltdowns, events beyond our control can shatter portfolio returns. If you don't plan accordingly, you will suffer. That

means investing defensively by having cash, bonds and equities and keeping fees as low as possible.

Cash is for the unexpected, a flood not covered by insurance, unemployment or divorce. Without cash, unexpected costs end up on credit cards or credit lines.

Bonds are for ballast. Sure yields are pathetic but you won't believe how good it feels to have them in your portfolio when the market drops 30 per cent as it did after the housing/financial fiasco in 2008.

Equities are the historic growth engine in the form of mutual funds, individual stocks or exchange trade funds (ETFs). I prefer the latter because of their ultra low fees.

A balanced portfolio containing cash, bonds and equities will protect you in most situations and will perform just as well, over time, as an all equity portfolio and with far less risk.

The other key financial lesson to be drawn from 9/11 is that life is fleeting. Live a responsible financial life but don't forget to enjoy

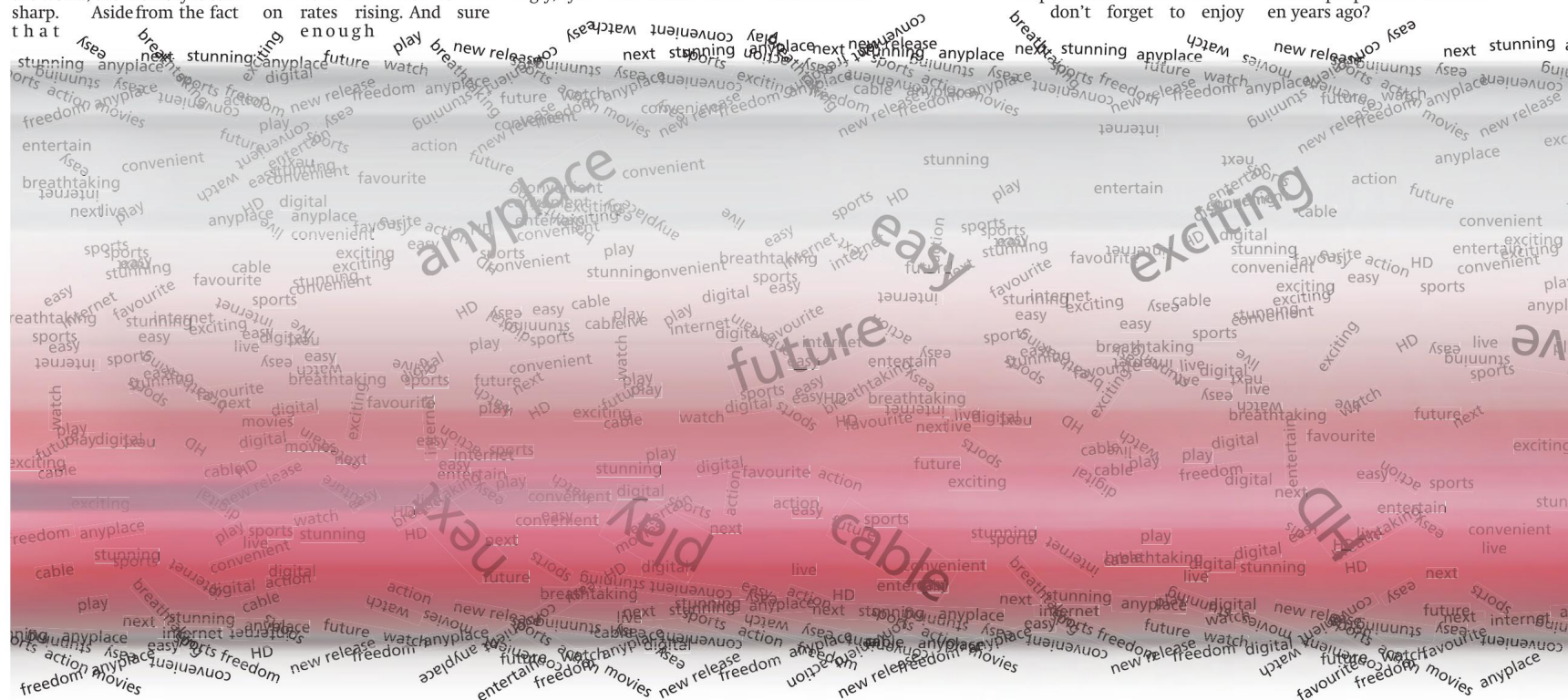
Impact

14%

The decline in the Dow Jones Industrial Average the week following 9-11. Imagine the heartache. Whether terrorist or economic meltdown, it happens — plan.

what you earn and save.

Why not take some time today to remember those innocent people who died eleven years ago?



Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

Begin financial literacy training early, even three

Teach them. Talk to your kids about money; they will thank you later



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August,

nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as

early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean. Tell them why saving money is good for families. Describe what you're doing when you bank. Follow Lesley on Twitter @ Lesley-Scorgie

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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel *Fifty Shades of Grey* is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their



ISTOCKPHOTO/THINKSTOCK

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/trans-

gender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last

week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding

sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

— Astrid Van Den Broek

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SAFE SEX IS THE BEST SEX

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen



BANANASTOCK/THINKSTOCK

glands, muscle pain, rash and fever. Syphilis is treated with antibiotics including penicillin.

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through

pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGNANULOMA VENEREUM (LGV):

Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

— Astrid Van Den Broek

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Advice

Birthday gift options for the elder



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What would be an appropriate birthday gift for a 70-year-old woman?

Thank you! Marian

Dear Marian,

A birthday gift, let alone a 70th birthday gift, is something very important — you've now got the objective of finding something that makes this person particularly happy.

From what I have experienced, people at that age more often prefer an experience rather than a particular gift. That being said, because I don't know this lady, I have several suggestions either way.

First, if she's been mar-

ried for 70 years it would be something platinum, so this may be a starting point. Perhaps something platinum with her birth stone?

A family celebration either at a relative's home or at a special restaurant would be fun.

Perhaps rent a fancy car to pick her up to take her to dinner, where the family is waiting for her as a surprise!

If she loves wine, as most women do, perhaps a bottle of red wine from the year of her birth, but that can get

very expensive. You can buy from the New York Times the front page of the newspaper from any year you wish — this, framed could be nice. Does this lady have a collection of any kind? Antique dolls, china pieces or crystal objects that she keeps in a curio cabinet?

Those are just my suggestions. If anyone has some great ideas, please email them to me and I will list them in a future column. Until then, hope she has a happy birthday!



No matter the age of the recipient, you have got to get them something sweet for their birthday. iSTOCK

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?

Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?

You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy

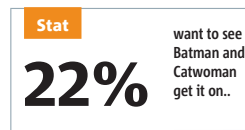
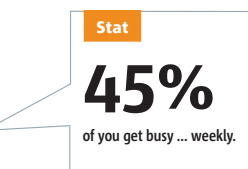


playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game

while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt



What kind of erotica do you enjoy?

About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?

For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five per cent couldn't ignore that the books' popularity was probably due to the

connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?

Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

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ENTER HEALTH-CARE FIELD WITH HANDS-ON TRAINING FROM MEDIX

You may not know of London's Medix School, but chances are that if you have accessed a health-care facility in south-western Ontario, you have experienced first-hand the benefits that come from a Medix-trained professional.

"We're a small player, but we're a strong, focused, and important player in the industry," explained Gerry Slattery, the director of the London Medix School. "Health care really drives the economy in this city and we're a big part of that community."

The Medix School has campuses in six communities from London to Toronto. Medix has been in existence for 35 years and the London campus has serviced the community for two decades. The school offers a number of health-care programs,

ranging from dental assistant training to massage therapy. The opportunities are perfectly aligned with Canada's aging population.

"Health care is a necessity. Wherever there's people there's health care and the opportunity that comes with it," Slattery said.

"The health-care industry needs well-equipped, trained people and our programs supply them with entry-level support positions."

Programs at the Medix School range from seven months to three years in length. Fully staffed and open year round, Medix has an enrolment of up to 300 students (both in-class and on placement).

"We have a full-time placement department that works to foster relationships in the community and oversee students while in their placement," he said. "We can guarantee a placement spot as part of your program. It provides a sense of security both for the student and for the community partner."

And to ensure students get to the placement stage, the school is committed to supporting its students' needs. Slattery explained a wide variety of students enter Medix, ranging from 18 to 55 years of age. But whether the students are fresh out of high school or changing careers, the school understands that supporting its students' needs is the key to success.

For more, see medixschool.ca.



Medix School

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Whether you are looking to upgrade your skills, find new employment, or you have a business and would like to take advantage of staffing incentive programs, Nokee Kwe has spent more than three decades helping people make meaningful life choices.

While Nokee Kwe is Ojibwa for “working woman,” the members of this organization want to remind people that the facility is — and always has — been open to Aboriginals and non-Aboriginal alike.

“We want people to come in and use the centre,” explained Angela Fisher, marketing co-ordinator for Nokee Kwe, adding that they offer services for both employees and employers alike. “We want employees and employers to be aware that the services are available.”

All services are absolutely free of charge and open to people of all ages: Native and non-native; men and women alike. Nokee Kwe holds regular workshops on employment-related topics that



ISTOCKPHOTO/THINKSTOCK

take you through the entire job-acquisition process, starting with identifying your skills and researching opportunities to preparing resumés and cover letters to facing the interview.

“We’re well-known and noted for our career assessment,” Fisher explained. “It includes a personal assessment that helps to assess one’s strengths, skills, interests, and values.”

Interested individuals and businesses can contact Nokee Kwe to make an appointment, or they are just as happy to accept drop-in traffic during regular business hours.

For more, see www.noseekwe.ca.

CELEBRATE MILESTONES ON YOUR LAW JOURNEY

REACH YOUR GOAL WITH U OF T ITLP

The University of Toronto’s Internationally Trained Lawyers Program (ITLP) recognizes the challenges facing internationally trained lawyers trying to adapt to Canadian legal practice. It’s not just a matter of study and dedication — it also means adjusting to a new home, a new culture, and different ways of thinking.

That’s why the ITLP encourages you to celebrate each milestone in your journey to accreditation, no matter how long that journey takes. And it provides you the academic and professional tools you need to reach your goal.

Caribbean-born Keisha-Ann Shaw Hill was a mom with a newborn when she started the program. Now she practises real estate law full time. “It’s very exciting,” says Shaw Hill. “I don’t feel like I am just starting out as a new lawyer in Canada.”

Mehreen Alavi is another successful graduate. Already called to the bar in England, Wales, and Pakistan, she has



Mehreen Alavi, centre.

UNIVERSITY OF TORONTO PHOTO

since interned with Torys LLP, articulated at Stikeman Elliott, and will be called to the Ontario bar this month.

Gurpreet Shergill appreciated ITLP’s class format. “Group discussions and suggestions by professors and TAs on how to prepare for exams were very helpful,” he remembers.

Students in the ITLP must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

Phone 1-416-978-6770 or visit itlp.utoronto.ca to learn more.

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- Fall 2012 NCA Challenge Examination Review Program
(online participation available)
- 2013-14 Comprehensive Program

Fall 2012 Open House & Information Sessions:

University of Toronto Faculty of Law		
September 14 2-4 pm EST (78 Queen's Park)	October 16* 6-8 pm EST (84 Queen's Park)	November 22* 10 am-12 pm EST (84 Queen's Park)

*Online participation available for some sessions. Contact the ITLP for details.

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itlprogram.law@utoronto.ca | 416.978.6770

MOHAWK VALLEY OFFERS VARIETY

While the cost of education continues to rise, economic circumstances can conspire to make it difficult for people looking to further their post-secondary education. New York's Mohawk Valley Community College positions itself as a college with something for everyone — at a cost that's more accessible to all.

"It really is a college for everyone," explained Dave Warren, Mohawk's assistant athletic director and head basketball coach. "You'll see your typical 18-year-old freshman, but we also have older students who have lost their job and retraining for a change in career, and high school seniors taking courses. We have roughly 5,000 full- and part-time students from all walks of life.

"We have a great academic reputation and we're known for being a deep school that features a variety of programs."

The main campus is located in Utica, N.Y., with a branch campus in Rome, N.Y. On-campus student housing is available and, in total, there are more than 90 different programs and 22 intercollegiate sports available at Mohawk.

The college continues to invest in improving the student's on-campus ex-



POLKA DOT IMAGES/THINKSTOCK

perience. "We have some great facilities here that we've recently upgraded," he said. "We have a brand new field house that also serves as an event centre, and there's a brand-new fitness centre that has everything you could ever need."

And those athletic facilities are well used, judging by the success of the schools sports teams. "Our 20 teams have a 70 per cent winning percentage over the past 15 years," he said.

As a junior college, students have

a variety of options available to them: Some students follow a two-year program, after which they transfer their credits to a four-year degree-bearing institution; others obtain one-year certificates in one of the trades; and still others will complete their two-year degree and enter the workforce.

"It gives people a lot of variety and, in this economy, these options are even more appreciated by students," he said. "You're taking basically the same courses as at a four-year school — and they transfer — but at far less cost.

"We're about half the cost of a public college, like SUNY, and when you compare us to a private school, our programs are approximately a quarter of the cost."

Mohawk is increasingly emerging as an option for Canadian students. Warren said that he currently has six players from the London area on his baseball team alone.

"We don't have a ton of Canadians, but those who do come here really seem to enjoy it," he said. "We'd love to have more Canadians come see what we have to offer."

For more, see mvcc.edu.

Local London & Area Athletes!!

We are looking for you! MVCC Hawks Athletics have had great success with local London athletes in the past and we have identified this area as a great opportunity for us to continue to recruit great quality student/athletes that are looking for an incredible "U.S. College Experience!"

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- Many student athletes have obtained scholarships to four year colleges out of our programs
- One of the most extensive athletic programs



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Basketball, Bowling, Cross Country, Golf, Indoor Track, Soccer, Lacrosse, Softball, Tennis, Track & Field, Volleyball



Contact Dave Warren at dwarren@mvcc.edu to set up a recruiting visit or check out www.mvcc.edu/athletics for more information

Robert R. Jorgensen Athletic and Events Center, 2011



TURN THAT DREAM JOB INTO REALITY

CAREERBEAR.COM PROVIDES INFO TO DO JUST THAT

Everybody has a dream career that they would love to pursue. It's the kind of job you would be willing to do for free because the money doesn't matter. Doing it just makes you happy.

The Internet is full of websites offering advice about how one can land their dream job. For the person trying to sift through all of this information, it can be a disappointing process as relevant information can be difficult to find and the advice might not be very good.

That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the


ISTOCKPHOTO/THINKSTOCK

information is relevant and applicable to readers.

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language,

HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at contact@CareerBear.com on what career the site should be profiling, as well as any other thoughts you have about the site.

creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

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GAIN A FINANCIAL ADVANTAGE

WITH SCOTIABANK STUDENT PLAN

School is officially back in session and the first lesson that many students are learning is that post-secondary education can be expensive.

For many, this is the first time they are on their own juggling classroom requirements and a social life while trying to ensure that there is enough cash for food, rent, and recreation. Scotiabank has created a plan that can help students better manage their money.

"At Scotiabank we know how important our youth are — they are our future," says Jim Yeomans, community manager, London Centre Scotiabank. "We understand that post-secondary education can be expensive, so we have our student banking advantage plan."

The plan is tailored to meet the lifestyle needs of this student demographic. The plan offers no monthly account fees, unlimited debit and cheque transactions,

and access to standard banking amenities.

Today's student has grown up with the Internet, social networking, and smartphones. And that's why Scotiabank has implemented programs that take advantage of the modern

student's communications preferences.

"Scotiabank tries to make banking new and fun, with innovations such as Scotia InfoAlerts — (where) customers can receive text messages or email alerts that keep them up to date on changes that occur to their banking," Yeomans explains.

You know what

they say about all work and no play ... which is why Scotiabank has been actively promoting its Scene program that provides loyalty rewards that students can use to redeem for movies and other entertainment options.

The goal for Scotiabank is to provide students with the tools and resources they need to start their adult financial lives on the right foot — and that experience will help carry them together, with Scotiabank, into the next stage.

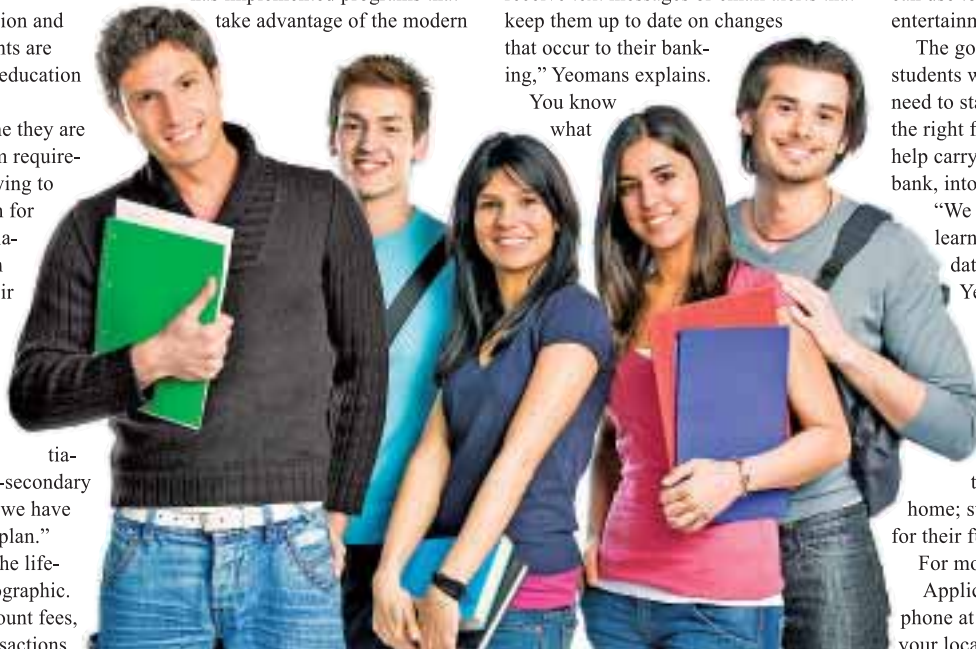
"We know that as these students are learning and building a strong foundation through a good education," Yeomans says.

"We also want them to learn and build a strong financial foundation.

"We can help them through their education and then bridge them into their careers: Buying their first home; starting a family; and investing for their future."

For more, see scotiabank.com/ca.

Applications are available online, by phone at 800-472-6842, or in person at your local branch.



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¹ 1,000 SCENE points will be added to your SCENE membership account when you obtain a SCENE ScotiaCard debit card on a new Student Banking Advantage Plan, after you make your first debit purchase, which must be made within 60 days of opening your account. This bonus points offer will be awarded once per customer per SCENE membership. For joint accounts, if at the time of awarding either offer, each customer has registered an eligible individual SCENE membership, points will be split equally. This offer does not apply to existing SCENE — eligible Scotiabank account holders. Visit www.scene.ca for more details.

² Bank the Rest lets you automatically round up every purchase you make using your Personal ScotiaCard debit card to the next multiple of \$1 or \$5. The difference between your purchase total and the round up amount you choose is then automatically transferred to your Money Masters Savings Account.

³ Scotia OnLine: Excludes fees charged by your Internet service provider. Mobile banking: Your wireless carrier's standard text messaging and data charges apply. e-Transfer: Service fees, in addition to regular debit service fees, apply. To receive an e-Transfer immediately, the recipient must bank online with a participating bank.



The Canadian men's national team celebrate Dwayne De Rosario's goal in a 1-0 win over Panama in Toronto on Friday. CHRIS YOUNG/THE CANADIAN PRESS

Rowdy welcome for Canadians in Panama

Soccer. Canada dealing with crowd of noisy supporters ahead of World Cup qualifier

If the Canadian men's soccer team was hoping for a good night's sleep Monday, here's hoping the players packed some ear plugs.

Noisy Panamanian supporters planned to camp outside the Canadians' hotel for the second consecutive night Monday to throw off the opposition ahead of Tuesday's important World Cup qualifier.

"We'll see what happens," said captain Kevin McKenna. "I'm sure there were police there so we'll see."

Canada is first in its group

Quoted

"If we win, so be it. If we tie, it's sort of in the nature of playing away from home."

Canadian head coach Stephen Hart

halfway through the stage following Friday's 1-0 victory over Panama at Toronto's BMO Field. Gaining four points from its remaining three games would allow Canada to advance to the final round for the first time since 1998.

Panama is pulling out all the stops to avenge Canada's win. On Sunday night, more than 100 Panamanian supporters stood outside the Canadian hotel banging drums, setting off fireworks and inviting passing motorists to honk their horns.

"I've got three kids at home.

I'm conditioned," coach Stephen Hart joked when asked how he slept. "It's normal."

Sunday's antics may have been just the warm-up act as local radio shows and newspapers encouraged fans to show up at the hotel with car stereos blaring.

Cars did their best to delay the Canadian team's bus en route to the stadium for training.

A capacity crowd of 31,000 fans is expected for Tuesday's game at the Estadio Rommel Fernandez in what could be

the first truly hostile crowd of Canada's World Cup qualifying run. Previous gatherings in Puerto Rico, St. Lucia, St. Kitts and Cuba were far from overwhelming.

"We're footballers. We have to get used to this and playing in these environments — especially in CONCACAF," said defender David Edgar. "If we don't thrive on playing in atmospheres like this then why are you playing the game?"

Canada will be without two key players Tuesday. Striker Olivier Occean is injured and did not make the trip to Panama. Hart said he may rejig his formation as a result.

Midfielder Will Johnson is suspended for Tuesday's game because of yellow card accumulation. **THE CANADIAN PRESS**

NFL

Clock mistake gave Lions extra timeout in opener

St. Louis Rams coach Jeff Fisher says a mistake by the clock operator late in Sunday's last-second loss at Detroit basically gave the Lions an extra timeout that completely changed how the finish played out.

"In essence, Detroit was granted an extra timeout, I guess, if you want to look at it from our perspective," Fisher said Monday.

The league office agreed Monday. It's just a bit of consolation for a team coming off a two-win season that took the Lions to the wire on the road in their opening 27-23 loss.

THE ASSOCIATED PRESS

NFL

Nelson done for season as bad start gets worse for Bills

As if a deflating season-opening loss wasn't bad enough in putting a dent in the Buffalo Bills' high expectations. Now they have injuries to two key offensive players to contend with.

Receiver David Nelson will miss the rest of the season after tearing a ligament in his right knee. The news is at least a little more encouraging for running back Fred Jackson, who will miss at least four weeks after he also hurt his right knee.

THE ASSOCIATED PRESS



New York's LaRon Landry hits Buffalo's David Nelson on Sunday. GETTY IMAGES

Mobile sports



"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

NHL. Lockout looming with less than week to go

The wheels have already been set in motion.

As the NHL enters the final days under its collective bargaining agreement, both the owners and players have meetings scheduled in New York City where they'll discuss an impending lockout. But unless the sides can find a way to get back to the bargaining table and hammer out an unlikely deal before 11:59 p.m. ET on Saturday, it's a mere formality.

In fact, commissioner Gary Bettman won't even have to make the case for a lockout when the Board of Governors gathers at a Times Square hotel on Thursday afternoon.

Rallying the players

The NHLPA is planning its largest gathering since 2005 with more than 250 players slated to attend Wednesday and Thursday.

"The commissioner doesn't need specific board authorization to institute or implement a lockout," deputy commissioner Bill Daly told The Canadian Press in a recent interview. "That has been granted already in connection with his authority to conduct collective bargaining." **THE CANADIAN PRESS**

NHL

Players' union will try to get locked-out players paid in Quebec and Alberta

The NHL Players Association intends to challenge a lockout before labour boards in Quebec and Alberta, a move that if successful could force the league to pay players on the Montreal Canadiens, Calgary Flames and Edmonton Oilers during a work stoppage.

Labour law in Canada is provincial, not national. The NHLPA is not recognized as a certified union in Quebec.

THE ASSOCIATED PRESS

MLB. Astros not giving up on Clemens this season

Astros owner Jim Crane says there's a possibility 50-year-old Roger Clemens could pitch for Houston this season.

The Astros begin a week-long homestand on Monday that includes three games against the Cubs and four against the Phillies. Their only remaining home games after that stretch are against the Pirates and the Cardinals.

Clemens has pitched eight scoreless innings in two starts with Sugar Land of the independent Atlantic League.

When asked about pitching for Houston this season after Friday's game, Clemens said he didn't see it happen-



Roger Clemens with the Sugar Land Skeeters on Friday. GETTY IMAGES

ing because of the time it took him to recover from his first start.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

Taurus

April 21 - May 21

Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

Gemini

May 22 - June 21

You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

Cancer

June 22 - July 23

Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

Leo

July 24 - Aug. 23

You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

Virgo

Aug. 24 - Sept. 23

You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

Libra

Sept. 24 - Oct. 23

Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

Scorpio

Oct. 24 - Nov. 22

No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

Sagittarius

Nov. 23 - Dec. 21

Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

Capricorn

Dec. 22 - Jan. 20

Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

Aquarius

Jan. 21 - Feb. 19

Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

Pisces

Feb. 20 - March 20

Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

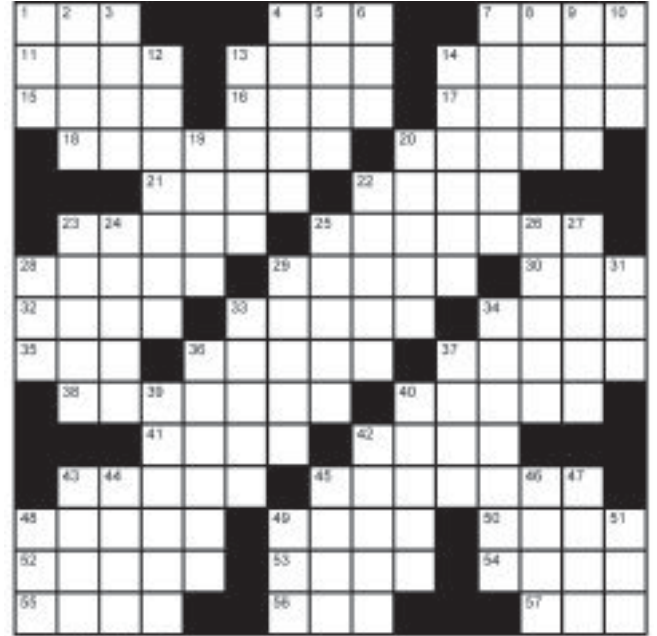
BY MICHAEL WIESENBERG

Across

1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows

Down

1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have \$100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True ___*: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. iTunes downloads
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck



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34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	4	3	5	2	9	7	8	1
5	7	9	1	8	6	2	4	3
8	2	1	3	7	4	9	5	6
7	9	2	8	1	5	6	3	4
1	3	6	9	4	2	6	7	8
4	5	8	6	3	7	1	9	2
3	8	5	2	9	6	4	1	7
2	1	4	7	8	3	8	6	9
9	6	7	4	8	1	3	2	5

8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Today

24°/15°
Sunny

Wednesday

26°/15°
Sunny

Your #1 weather forecast now available in HD.
Check your local listings for details.

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